Supplementary Online Content

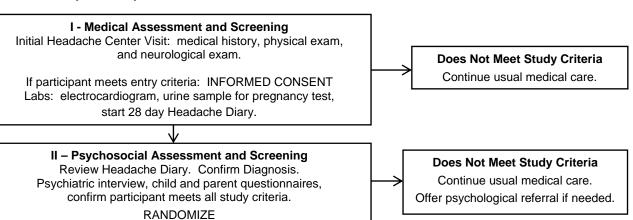
Powers SW, Kashikar-Zuck SM, Allen JR, et al. Cognitive behavioral therapy plus amitriptyline for chronic migraine in children and adolescents: a randomized controlled trial. *JAMA*. doi:10.1001/jama.2013.282533

eFigure. Summary of study protocol

eTable. Session by session summary for cognitive behavioral therapy and headache education

This supplementary material has been provided by the authors to give readers additional information about their work.

eFigure. Summary of Study Protocol



TREATMENT PHASE (begin within one week after Assessment Part II) Cognitive Behavioral Headache Education			
	Therapy (CBT) + Amitriptyline	+ Amitriptyline	
Week 0	Medical Visit	Medical Visit	
	Start AMI	Start AMI	
Week 1	CBT Session 1	Headache Education Session 1	
Week 2	CBT Session 2	Headache Education Session 2	
Phone call from nurse practitioner (adjust medication)			
Week 3	CBT Session 3	Headache Education Session 3	
Week 4	CBT Session 4	Headache Education Session 4	
	Safety Visit	Safety Visit	
Week 5	CBT Session 5	Headache Education Session 5	
Week 6	CBT Session 6	Headache Education Session 6	
Phone call from nurse practitioner (adjust medication)			
Week 7	CBT Session 7	Headache Education Session 7	
Week 8	CBT Session 8	Headache Education Session 8	
	Safety Visit	Safety Visit	
Week 12	CBT Booster 1	Headache Education Session	
	Safety Visit	Safety Visit	
Week 16	CBT Booster 2	Headache Education Session	
WEEK 10	Safety Visit	Safety Visit	
Begin 28 day Headache Diary			
Week 20	POST TREATMENT ASSESSMENT Medical exam, collect Headache Diaries,		

Begin 12 Month Follow-Up Period

Return to Headache Center for Medication Management.

Attend Booster CBT or Headache Education sessions at 3, 6, 9, & 12 months posttreatment.

Five weeks prior to the 3, 6, 9, & 12 month follow-up visits a Headache Diary is mailed to participants with a phone call reminder, and a follow-up study visit is scheduled for 4 weeks after beginning the 28 day diary.

At the 3, 6, 9, & 12 month follow-up study visits, the following occur: Medical exam, collect Headache Diaries, complete child and parent questionnaires.

eTable. Session by Session Summary for Cognitive Behavioral Therapy and Headache Education

	0 5	
	Cognitive Behavioral Therapy + Amitriptyline	Headache Education + Amitriptyline
Session 1	Introductions and rapport building.	Introductions and rapport building.
(Child	Rationale for behavioral pain management.	Discussion of headache symptoms,
` &	Demonstrate biofeedback.	participant's experience of pain, and
Parent)	Discuss parent guidelines.	impact of headaches on their life.
Session 2	Review diaries and	Describe chronic headache in more detail,
(Child Only)	biofeedback-assisted relaxation	physiology of headaches, and how the
(Orma Ormy)	(muscle relaxation and mini-relaxation).	diagnosis is made. Discuss participant's
	Establish home practice schedule.	activities in the past week.
Session 3	Review diaries and distraction techniques -	Review activities in the past week.
(Child Only)	pleasant imagery and pleasant activities.	Discuss the different types of medications
(Orma Ormy)	Review biofeedback and home practice plan.	used to treat headaches.
Session 4	Review diaries. Discuss participant's	Review activities in the past week and
(Child Only)	typical activity level and activity pacing and	lifestyle factors, such as the role of diet, fluid
(Orma Ormy)	problem-solving to manage headaches.	intake, and exercise in pain management.
Session 5	Review progress so far. Review coping skills	Review activities in the past week. Assess
(Child	learned. Assess parent's adherence to parent	progress. Influence of chronic headache
& Parent)	guidelines and problem-solve any barriers.	symptoms on family and home life.
Session 6	Review diaries. Discuss impact of thoughts	Review activities in the past week.
	and feelings on pain perception, recognition	Discuss participant's typical sleep patterns,
(Child Only)	of negative thoughts, and using calming	school routine, and impact of headaches on
	statements.	schoolwork.
Session 7	Review diaries, strategies learned, and	Review activities in the past week. Discuss
(Child only)	biofeedback assisted relaxation. Continued	fatigue, mood, and stress; and working with
	training in problem-solving skills and use of	healthcare team, communication between
	cognitive strategies. Plan for maintenance.	participants & doctors, and staying informed.
Session 8	Review diaries and skills learned.	Review activities in the past week.
(Child	Assess parent's perception of the child's	Review their experience in the program.
& Parent)	progress and review their role as a "coach."	Elicit feedback from participant and parent.
i aiciti)	Plan for maintenance.	
Booster	Assess progress. Review home practice of	Assess progress, review activities in the
Sessions	coping skills, reviewing skills as needed,	preceding weeks, discuss headache
& Follow-Up	problem-solving barriers to skills practice,	symptoms, offer support, and review
-	and enhanced maintenance plan.	educational materials.
Sessions		